

2ParmesanChicken100

Number of Servings: 100 (64.02 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 13 1/2 | lb | Chicken, broiler/fryer, breast, w/o skin, rstd |
| 5.00 | Tbs | Seasoning, lemon pepper |
| 1 3/4 | cup | Cheese, parmesan, grated |
| 100.00 | ea | Cooking Spray, butter flvr, 1/3 sec spray |

Nutrients per serving

| Nutrition Facts | | | |
|--|-----------|----------------------|---------|
| Serving Size (64g) | | | |
| Servings Per Container | | | |
| Amount Per Serving | | | |
| Calories 110 | | Calories from Fat 30 | |
| | | % Daily Value* | |
| Total Fat 3g | | | 5% |
| Saturated Fat 1g | | | 5% |
| Trans Fat 0g | | | |
| Cholesterol 55mg | | | 18% |
| Sodium 130mg | | | 5% |
| Total Carbohydrate 0g | | | 0% |
| Dietary Fiber 0g | | | 0% |
| Sugars 0g | | | |
| Protein 20g | | | |
| Vitamin A 0% | | Vitamin C 0% | |
| Calcium 4% | | Iron 4% | |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | | | |
| | Calories | 2,000 | 2,500 |
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Notes

- * purchase 3 oz AP chicken breasts will = at least 2 oz EP
- WEIGHT given above is COOKED WT - need to buy at least 1/3 more boneless raw wt
- * 1 oz dehydrated or dried lemon peel = 4 Tablespoons

Sprinkle parmesan cheese and lemon peel over chicken breasts before placing them in single layer on sprayed or parchment-lined baking sheets. Spray well with butter flavored non-stick spray. Bake at 350 degrees F for 30 minutes uncovered.

Remove from oven and transfer to counter pans, overlapping to get 25 servings/pan. Add any drippings to counter pan(s) or small amount of water to prevent drying. Cover with foil. Continue baking at 350 degrees F for another 10-15 minutes or until chicken is tender and internal temperature reaches 170 degrees F.

Serve 1 chicken breast = 2 oz meat EP